

New Bernal Journal

September/October 1998

Serving the Bernal Heights Neighborhood of San Francisco

Volume 35 Number 5

Fiesta on the Hill 1998

by Jeannie Hwang
BHNC Youth Services Director

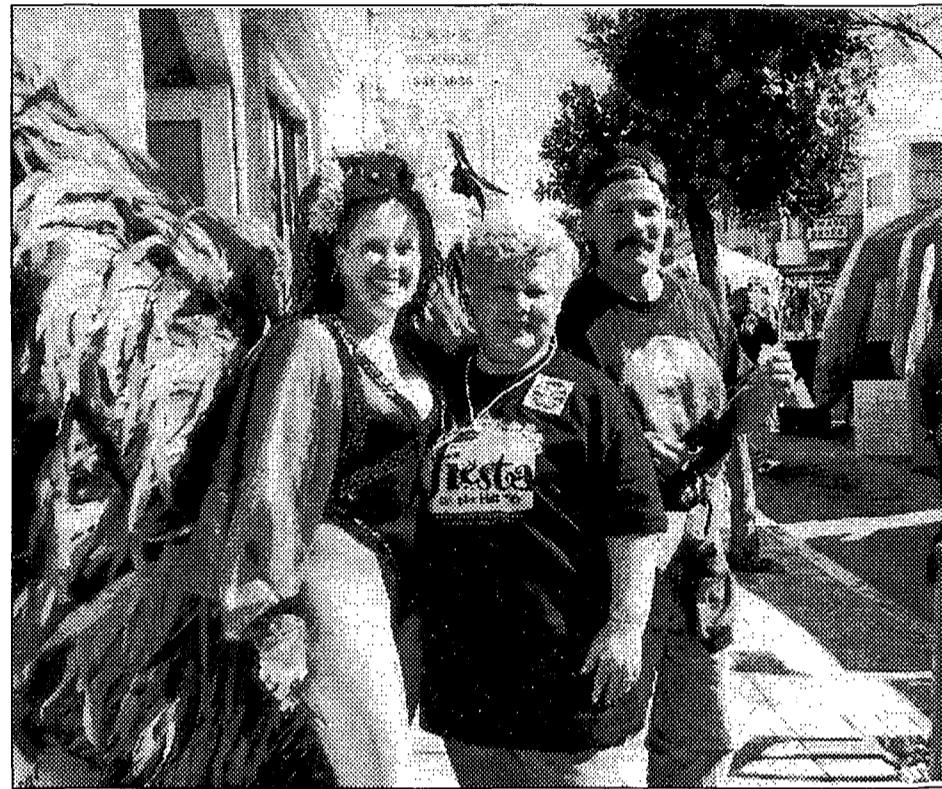
A riddle: What happens every third Sunday in October, is 10 years old, and has 16,000 legs?

Answer: the 10th Annual Fiesta on the Hill presented by the Bernal Heights Neighborhood Center (BHNC).

On Sunday, October 18 from 11 a.m. to 6 p.m., join 8,000 of your San Francisco neighbors on Cortland Avenue to enjoy Fiesta's annual celebration of music, visual and performing arts, community building and neighborhood diversity. This usually quiet stretch of street running between Ellsworth and Bennington will be transformed into a spirited celebration offering live music, international foods, arts and crafts items, carnival games, local merchants and a wondrous children's area featuring pony rides, a petting zoo, and a pumpkin patch.

Fiesta on the Hill is Bernal Height's instrument to showcase a program of diverse cultural traditions and backgrounds through the medium of the arts. A large community of visual and performing artists of many cultural backgrounds resides in Bernal Heights, and Fiesta provides the opportunity for them to share their talents with the community. This unique process works to develop respect, understanding, and tolerance within our multi-cultural community. As a result, Fiesta is a fun and educational tool that serves to bring us closer. In addition, Fiesta is an event that focuses on children, youth and family and is alcohol-free. Admission is free.

Neighborhood support comes from a



ROLAND SORIANO

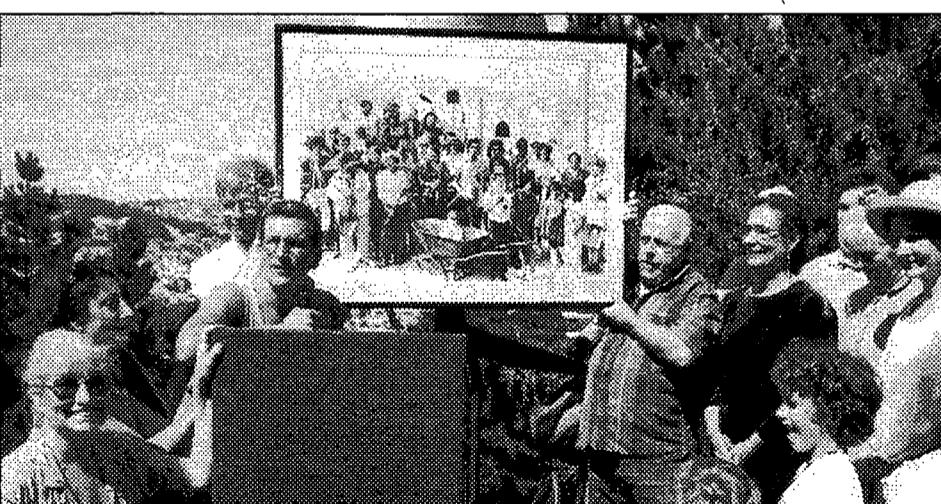
Juanita Evans, Bernice Castaing and Dennis Torres at Fiesta '96

strong team of volunteers led by the Fiesta '98 Planning Committee that includes Carole Bee, Peter Dunn, Tom Fowler, Michael Golojuch, Kathleen Gonzales, Helen Helfer, Jeannie Hwang, Darian Jackson, Meeta Rani Jha, Rosario Rodriguez, David Rogers, Martha Stein, Mauricio Vela, George Welch, Linda Willhard and Mary Ann Wolowic. A special thanks to all of our dedicated Committee Members!

You Can Support the Bernal Heights Neighborhood Center. In addition to being a celebration of the local arts, Fiesta on the Hill also celebrates our neighborhood and

the Neighborhood Center. By participating in Fiesta, community members are supporting the Center's services, which include Senior Services, Youth Services, Housing Development, and Community Organizing. Through the funds raised at Fiesta on the Hill, BHNC is able to continue such vital programs as the NEST Program (Neighborhood Elderly Support Team), Senior Lunch Program, Youth Gang Prevention Program, Youth Employment Services, Bernal Partners and other neighborhood support services.

Join your friends and neighbors at Fiesta '98 and celebrate our special community. We'll see you there!



Buck Bagot at the podium with Mike Nolan holding photo of 1978 Esmerelda slide work crew.
photo © 1998 PHIZ MEZY

Esmerelda slide reopens

Once again, Bernal Heights has the slide with the best combination of view and vertical drop in the city.

by Bill Ramph

More than one hundred neighbors turned out on September 19, 1998 to celebrate the installation of the new double slide at the Esmerelda Mini-Park on Winfield Street. Mayor Willie Brown and Supervisors Mark Leno and Leland Yee joined the party and honored the neighborhood's volunteer spirit.

The original Esmerelda Slide and Mini-Park were built by Bernal residents, with City help, twenty years ago. Early this year,

the old slide was discovered to have rotting supports and was slated for removal.

After vigorous Bernal-style organizing, which produced numerous calls and letters to the mayor and City departments, Mayor Brown approved funds to replace the slide.

The Department of Public Works had a collaborative planning process to design the replacement. It took three Saturday work parties to relocate plants, prepare the site, paint and move nine cubic yards of sand down to the bottom of the slide. Each work day drew 20 to 25 residents.

The finished result is a shiny slide that was inaugurated when "Da Mayor" zipped down the 40-foot plunge and landed with a thud in the sand pit below. The moment was recorded by TV news and both daily newspapers. After the speeches, a large crowd enjoyed hot dogs, ice cream, drinks, and other treats contributed by Margo Hamilton of Prudential Real Estate and by Safeway.

Congratulations to DPW and to the many volunteers who worked on the slide, with special honors to long-time Bernal residents such as Linda Chase and Michael Nolan who worked on both the slide of 1978 and the modern incarnation. Once again, the park is a thrill for sliders of all ages.



Annual Community Congress gathering, early 1980s

BHNC
marks 20
Years

Bernal Heights Neighborhood Center celebrates two decades of community service

by David Shaw

Twenty years ago in the late 1970s when development was rapidly moving up the hill, a group of concerned neighbors organized the community to preserve open space at the top of Bernal Heights. Their efforts saved the top of the hill for all of us to enjoy in perpetuity. This community organizing marked the beginning of The Bernal Heights Neighborhood Center (BHNC), a nonprofit organization which continues to work with the community quality-of-life issues in our neighborhood.

Over the past twenty years, the BHNC has been instrumental in the revitalization of Bernal Heights and has provided essential community services in what has become one of the most desirable communities in which to live and work in San Francisco. The mission of BHNC is "to empower people in efforts that preserve the ethnic, cultural and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people, and to work with the community to build and rehabilitate affordable housing."

It was BHNC which worked to ensure that our branch library and our branch of Bank of America on Cortland Avenue stayed open to serve our residents. With decreasing federal and state support, BHNC has continued to work with our youth, coordinating gang prevention services and youth employment programs. BHNC also works with our local police officers and other city agencies to provide the resources to address "hot spots" for at-risk youth. BHNC created the Greater Mission Consortium five years ago with agencies such as the Mission YMCA, Precita Center, Enterprise for High School Students, La Raza Centro Legal and Paul Revere Elementary School. This collaboration

continued on page 9

New Bernal Journal

515 Cortland Avenue
San Francisco, CA 94110
(415)206-2140 ext. 108
fax (415) 648-0793

New Bernal Journal Staff**Editor**

Valerie Harris

Editorial Committee

Anne Telford, chair
Demice Garepis, Valentine Porras,
David Rogers, David Shaw,
Mauricio Vela,
Lakenda Wallace

Advertising

Valerie Harris, Michael Golojuch

Distribution

David Rogers, Mauricio Vela and a
wondrous cast of hundreds of much
appreciated volunteers!

© 1998

Bernal Heights Neighborhood Center
Member, SF Neighborhood
Newspaper Association

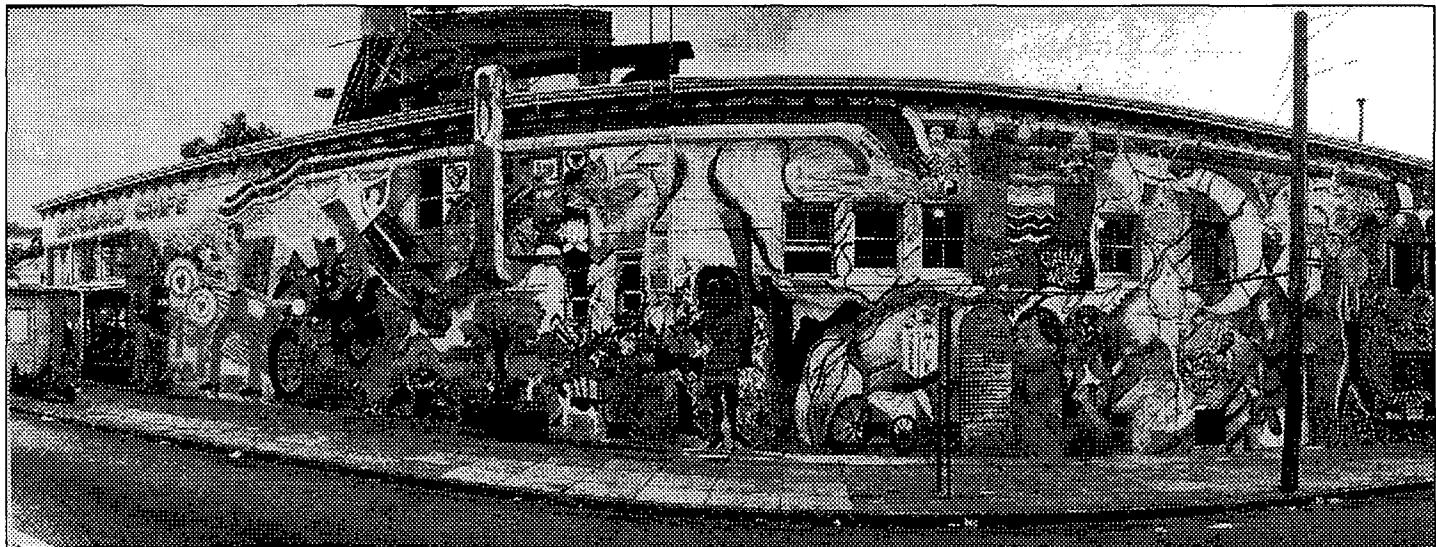
*Editor reserves the right to edit
submissions for clarity and space.*

**For advertising info and rates
contact Michael Golojuch at
(415)206-2140**

*Next issue — December/January
Advertising and copy deadline —
November 20*

New Bernal Journal is a bimonthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with their community's news, ideas, issues and events, which support the center mission: *To empower people in efforts to pre-serve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic conditions of low and moderated income people in Bernal Heights.* New Bernal Journal is distributed door-to-door free to the community of Bernal Heights. Articles express the views of contributors and not necessarily those of *New Bernal Journal* or Bernal Heights Neighborhood Center.

*Please write me!
Send your letters to
Valerie Harris, Editor NBJ,
515 Cortland Ave., San Francisco,
CA 94110*



Collaborative mural, "Hope for the World Cure" at 16th and Market in the Castro is the newest Precita Eyes project

Precita Eyes losing studio space

by Valerie Harris

A very special organization has its home in a pair of storefronts on Precita Avenue overlooking Precita Park. Its roots in the Bernal Heights community stretch back over 20 years. Its classes, workshops and projects have enriched the lives of countless San Franciscans, from toddlers to teenagers to adults. And the artwork that has come out of its studios has beautified walls all over the city. A bright painting atop one of the storefronts announces, "Precita Eyes Mural Arts Center."

Back in September, the Center was served with a 30-day eviction notice for one of the two adjoining buildings. The eviction means the loss of one-half of the Center's studio space, plus valuable storage and office space. Founder and executive director Susan Kelk Cervantes, and assistant Corrina Press are laboring to save the precious space, hoping for time, a year or at least a few more months to make other arrangements. Susan explains, "Our Urban Youth Art Class takes place here. This is a safe place for kids. A lot of teens have been coming, many boys as well as girls." The Urban Arts class is just one of many in Precita Eyes' program. Also offered are a youth mural workshop, classes for children and toddlers, life drawing and figure painting, and community mural workshops.

The classes are very popular. Press explains that the classes may have 20 to 30 kids at a time and all studio space is uti-

lized. Also, Cervantes adds, "We've been wanting to add more classes. We have the teachers and the inspiration." The eviction means not only no expansion, but also cuts in class size and in the number of classes that can be offered.

Precita Eyes was established in 1977. Cervantes, a 29-year resident of Precita Avenue and an artist for more than 35 years, had become involved in the mural movement in the early 70s. In 1977 the first Precita Eyes mural was created, a "portable mural" that was exhibited at the local library. The first permanent mural was "Bountiful Harvest," painted in 1978 for China Books on 24th Street. Precita Eyes started renting 348 Precita Avenue in 1981 and its neighbor, number 342 in 1985.

Since then, the art has blossomed all over the place. There's "Family Life and Spirit of Mankind" across the park from the Center at the Leonard Flynn School (currently undergoing restoration); "Banquet of Life" on the wall by the Alemany Farmers' Market parking lot; "Si Se Puede" on the Cesar Chavez School at Folsom and 23rd; and many others.

The most recent project is "Hope for the World Cure" on the side of the Bagdad Cafe at 16th and Market in the Castro. This mural was a first-time collaboration between Precita Eyes muralists and the group Art from the Heart Heals, a group of artists affected by HIV. Susan points out that this is an example of the type of out-

reach the Center does to teach community mural skills to others.

But the conversation keeps returning to the young people. "Since 1985," says Cervantes, "we've developed a lot of trust with kids from various parts of the Mission and other parts of the city." The feeling of safety is an important component. The place on Precita is a neutral area to the young folk, a place where they can work together.

Members of the youth program are collaborating with artist Seyed Alavi in another new project called, "What Do You Think?" This series of 30 murals around the city has been in progress for more than a year and features "thought bubbles" with thought-provoking text. One example is at the Precita Market at Precita and Florida. Precita Eyes is a community center, a kind of home for community arts. It gives so many people, especially teens, a chance to come together in a positive and creative way, to create community and to create art. Cervantes expresses concern for the young "What Do You Think" muralists; "It lowers their morale that they're going to lose this studio."

Precita Eyes staff requests that community members send letters of support for the Precita Eyes Center located at 342 Precita Ave. to the new owner, Lisbeth Koelker c/o Precita Eyes Mural Arts Center, 348 Precita Ave., San Francisco 94110. Precita Eyes Muralists Association, Inc. is a non-profit, tax-exempt association.

Goodbye to Ellsworth St. "angel"

The good Samaritan "angel" on Ellsworth Street is now in Heaven. Verna McElroy, a.k.a. "Puddin' Tane," passed away on August 26. She had lived over 40 years in the same house.

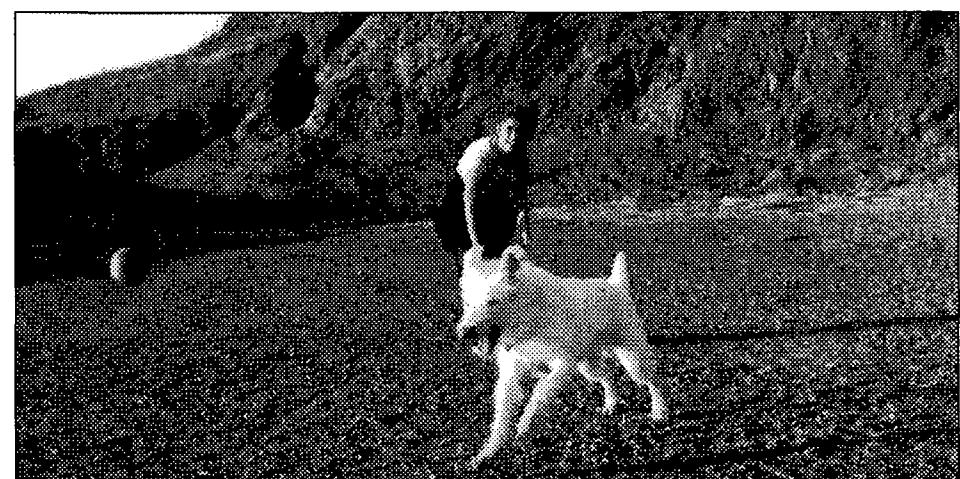
After seeing the old neighborhood looking tattered by weeds growing in the cracks of the pavement, Verna found she could make a difference. Many people would see her working so diligently removing the weeds. She acknowledged them with a cheerful greeting and a smile.

There have been many changes in the neighborhood since Verna moved to Ellsworth Street in the early 1950s. There were very admirable qualities about that era that can bring back the unity and beauty to the neighborhood. Verna always spoke to and got to know her neighbors. She picked up debris in front of her house and her neighbors'. If everyone got to know their neighbors and took pride in their neighborhood by cleaning up in front of their own habitat, you'd see the warmth and beauty my mother gave to the community "live on." —Phyllis Larsen

from the December / January
1991 NBJ

The residents on Ellsworth from Cortland to Crescent have an angel on their street. A little gray-haired lady systematically goes up and down the street cleaning up trash and debris. Bernal residents should take a lesson from this good Samaritan who removes grass from the cracks in the sidewalks and driveways using very simple tools and a determination to rid the street of all its trash. The lady refused to give her name, and answers, "Puddin' Tane" with a big smile when you ask her name. We residents salute you, dear lady. I know you have motivated this resident to clean up his area.

Grateful Neighbors,
William Owen and Ed Davis of
Ellsworth Street.



Deborah and Natoma working out on the Hill

© BEVERLY THARP

Local dog owners rate the Hill

by Elaine Lewwick

According to a report by the San Francisco Dog Owners' Group (SF DOG), Bernal Heights Park needs improvement. But many local dog walkers disagree, and some neighbors are already pitching in to help make the park better for dogs.

According to SF DOG's recent "Report Card" on the city's dog runs, our hill had unsatisfactory maintenance, supply of poop bags and hazardous plants. The report says the park also has poor safety, poor

supply of garbage cans, poor signs marking the site, and is a "steep, shadeless hill" which "conflicts with native plant restoration project." SF DOG's report graded our hill a "D."

"Baloney," said John Alcaraz. He feels Bernal Hill is "wonderful for dogs. They love it and we love it." Alcaraz brings his border collies Meghan and Chipper to the park at least six times a day, every day. "I can't think of a better place to walk your dog," said Diana Corbir, who takes her dog

continued on page 15

New faces on Cortland Avenue

by Valerie Harris

In the last few months some newcomers have sprouted up on Cortland Avenue, Bernal Height's own shopping and dining street. Here's a quick introduction to four of the newest businesses brightening up the neighborhood, starting on the east end of the avenue and working our way down.

Moki's Sushi and Pacific Grill

On July 23, Dayne Johnson and Judy Hedin opened Moki's and filled the sushi void in Bernal Heights. They serve up a full and creative menu of sushi and Asian-Pacific inspired platters. Dayne explains that he and Judy chose to set up shop in Bernal Heights because, "it's nice, kind of a getaway from the rest of San Francisco—it has a good feeling."

One half of Moki's menu is sushi—traditional nigiri and maki sushi plus "specialty sushi" like Cortland Crab Roll (soft shell crab, crab mix and broccoli) and Bernal Roll (tofu, asparagus, carrot, green onion tempura, avocado and inari). The other half of the menu comes from the grill with dishes like Vietnamese Seafood Rice Paper Rolls with Nuoc Cham, Avocado Salad Rolls with Chili Lime Dip and Flank Steak with a Korean Sesame, Ginger and Chili Marinade.

And that's not all. Dayne lists Moki's coming attractions; Saturday and Sunday brunches; future Wednesday openings with an all-specials menu (Moki's is closed on Wednesdays); and a two-level patio in the back for dining and saki-sipping.

S & C Deli and Taqueria

Magdalena Cruz saw that Bernal Heights didn't have a taqueria. So, on July 8 she reopened the deli she had acquired in January as the S & C Deli and Taqueria. Here she dishes up fresh Mexican food and deli sandwiches.

Magdalena states, "I'm trying to serve Mexican food as authentic as possible—a more home flavor." She proudly lists some of the special features of her restaurant, how the salsa, corn tortillas, multicolored tortilla chips, seasonal fruit salads, and aguas frescas are all made fresh on the premises. She says, also, "We're trying to be different as far as the dishes we have."

New on Cortland

Moki's Sushi & Pacific Grill
830 Cortland Avenue
phone: 970-9336
hours: 4 – 10 p.m. Closed Wednesdays.

S & C Deli and Taqueria
737 Cortland Avenue
phone: 821-0701
hours: Mon. – Thurs. 6:30 a.m. – 9 p.m.
Fri. – Sat. 6:30 a.m. – 10:30 p.m.
Sun. 7 a.m. – 8 p.m.

Teodosia Gallery (Teodosia Cooperativa Popular)
430A Cortland Avenue
phone and fax: 642-9223
hours: Wed. – Fri. 2 – 7 p.m.
Sat. 11 a.m. – 7 p.m.
Sun. 11 a.m. – 5 p.m.

Bernal Boxes & Fax This!
322 Cortland Avenue
phone: 970-2BOX
fax: 970-3FAX
hours: Mon. – Fri. 9 a.m. – 7 p.m.
Sat. 10 a.m. – 6 p.m.
Sun. 11 a.m. – 5 p.m.

As an example she points out the Milanesa steak sandwich, which is not often found in taquerias.

In addition to take-out and delivery service (within Bernal Heights), S & C has cosy counters lining the sunny windows for those who wish to dine in. And when you order, pictures of Magdalena's grandchildren, Salomon and Cecia—"S" and "C"—smile at you from the menu.

Teodosia Gallery

Teodosia is not exactly new to Cortland, but it has undergone a major transformation. Teodosia Cooperativa Popular was started in 1994 by David Gonzalez and Dimas Moncado. When Johanna Coble joined the partnership in May, the Cooperativa took on a new look and a new direction and became the Teodosia Gallery.

Variety, high quality, distinctive styles all are highlighted in the new Teodosia. The gallery is filled with a plentiful array of hand-crafted items with an emphasis on local artists. Here you can find glass art, jewelry, cards, tee-shirts, scarves, ornamental mirrors, painted and tile-decorated accent furniture pieces, and other fine decorative items. David explains that now there will be a new artist featured every month. The October exhibit will have a Dia de los Muertos/Day of the Dead theme with art by Chandra Garsson.

All of this is in keeping with the central idea behind Teodosia: "We support local artists—that is our main focus."

Bernal Boxes & Fax This!

Angelica Xavier got the idea for her new business from a friend who saw a need for a convenient mailbox place in the neighborhood. She opened Bernal Boxes & Fax This! on August 30. Angelica says, "We tried to choose services to make Bernal Heights a more self-sufficient community. In addition to mailbox rentals and fax services, Fax

continued on page 15

Certificate of Honor

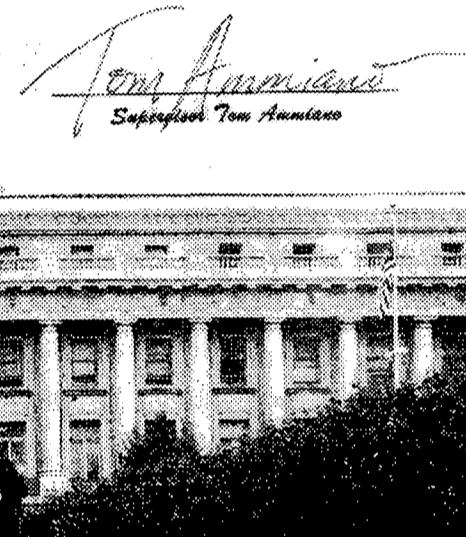
BOARD OF SUPERVISORS City and County of San Francisco

The Board of Supervisors of the City and County of San Francisco hereby issues, and authorizes the execution of, this Certificate of Honor in appreciative public recognition of distinction and merit for outstanding service to a significant portion of the people of the City and County of San Francisco by

August 5, 1998

*The Disernia Family &
Disernia's Pharmacy*

In Recognition and Admiration of the Disernia Family for 70 years of valuable services provided to the residents Bernal Heights Community.



*Tom Ammiano
Supervisor Tom Ammiano*

Disernia Pharmacy closes

After 71 years, the family-owned and run Disernia Pharmacy has shut its doors. In recognition of the contributions made to the community, the San Francisco Board of Supervisors presented the Disernia family with a Certificate of Honor.

"They've always been terrific people," said Supervisor and Bernal Heights resident Tom Ammiano. He reported that he had been patronizing the pharmacy, which was located at 3149 Mission Street, for 27 years. "You would get a lot of personal attention there, so it will be a real loss to the community."

Sylvia Disernia was the Disernia pharmacist for over 30 years. She said, "We've known generations of families." Ammiano stated, "I was always impressed that she was one of the early woman pharmacists." Sylvia is the daughter-in-law of Michael Archangel Disernia, who founded the business in 1927. When asked about her time at her family's pharmacy, she says with pride, "It's been a pleasure serving the community."

Bernal Co-op daycare faces eviction—members ask for support

by Phyllis Kearns
Little People's Workshop

The Building at 416 Cortland Avenue, which has been home to the Little People's Workshop for almost two decades, went on the market on August 31 and sold nine days later. The building is now in escrow.

Little People's Workshop (LPW) was founded in 1975 by a group of Bernal Heights families spurred by the general unavailability of affordable childcare. They applied for and were awarded a "seed grant" then available through the Mayor's Office. At present, LPW is staffed by parent members, all of whom work one day per week at the facility. Each member also holds a specialized co-op job (i.e., secretary, repairs, etc.) and contributes to a rotating-schedule, weekend clean-up program. Dues have been held at \$250 a month for the past seven years. LPW has been operating for 23 years solely on the support of 11 family membership, and is the only

families with 18-month to 3-year-old children. The membership reflects the diversity of this city—most of the families are in the low to moderate income bracket, and come from a variety of ethnic and social backgrounds. When the co-op received notification of the impending sale of the building, they informed the owner that they were interested in buying it; however, the owner, Ron de Leon, a superintendent of the San Francisco Recreation and Parks Department, apparently had already decided on a buyer and accepted the first bid on the building, which listed for \$329,000.

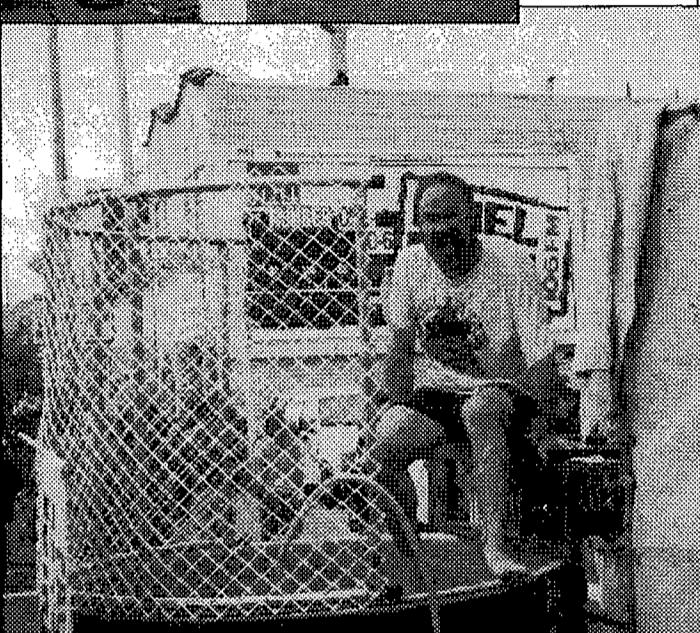
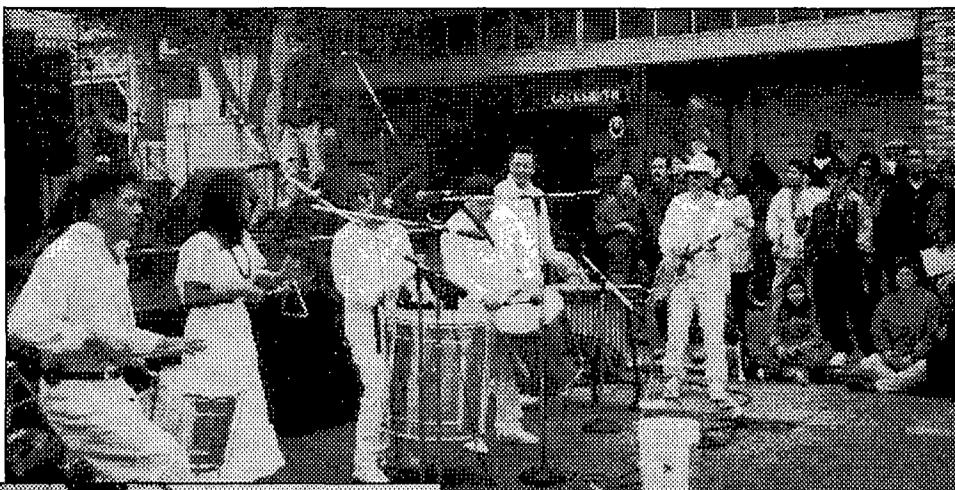
Since the membership of LPW has no legal recourse to force the owner to sell to them, they have taken the issue to the neighborhood. They began circulating a petition and distributing flyers two weeks ago and called a public forum at the library on September 16 to discuss the future of the facility. Neighborhood support has

been encouraging, LPW members say. At the public meeting several long-time residents expressed their reserve about patronizing a business that would evict the Little People's Workshop. "Basically, the issue is childcare," says LPW secretary Emma Nation, "There is no more important service than childcare. It may be legal to evict us, but it certainly doesn't take into account the needs of the community."

A peripheral, but no less pressing concern for residents of Bernal Heights is the issue of gentrification. With property values steadily on the rise, many property owners believe it is a good time to sell—and there are plenty of takers.

There's no denying that the character of the neighborhood is changing, say members of the co-op, but there continues to be the need for high-quality, affordable childcare. They believe that the owner should have given them the chance to buy the

continued on page 15



Sunday, October 18, 11 a.m. to 6 p.m.
On Cortland Avenue between
Ellsworth & Bennington

Ten Years of Fiesta on the Hill; A Brief History

Bernal Heights has had street fairs on and off since the 70s. But in 1988 the annual neighborhood celebration known as Fiesta on the Hill was born. It started when Bernal Heights Neighborhood Center director and then new BHNC board member Mauricio Vela joined with past BHNC staffer Vicki Victoria and others and organized the first of the Fiestas, then called the Bernal Heights Arts Festival. For the first few years the event was held in the Bernal playground behind the library. In 1991 the name was changed to Fiesta on the Hill to honor the Latin roots of Bernal Heights. In 1995 the Fiesta moved from the playground to Cortland Avenue. That was the year Fiesta committee member Mary Ann Wolowic first became involved. She recalls, "It was a big undertaking because no one really knew what to do to take it to the street."

But the Fiesta did move, and it continued to grow in size and sophistication over the years. Vela remembers the old days of lugging the old booths out from BHNC board members' garages and hauling tables and chairs from the neighborhood center. (Now that equipment is rented.) Also, in 1998 the Fiesta first pursued corporate sponsorship to supplement the community support and ad book revenues. (Note that the sponsorship, and the Fiesta itself, have always been alcohol and tobacco-free.)

And the performers' stage sported bigger names, including Bammie award winners. Says Vela, "Artists now call us instead of us calling artists. We're now an established street fair."

The Fiesta now draws participants from around the city. But still the Fiesta is by and for the people of Bernal Heights. "It's amazing how it all comes together, all because of the great volunteers," says Wolowic. As Vela says, "It's owned by the community—it's a beautiful thing."



Scenes from last year's Fiesta, from top: Escola Nova de Samba performs; BHNC senior program participant Victor Tulier models; Paul Revere Elementary School principal Randy Haves serves his tour of duty; BHNC board member and senior program participant Alice Gilbeaux and outgoing BHNC executive director Helen Helfer attempt to incite the crowd; Kids gather at petting zoo.



Involve ment Opportunities for Fiesta '98 Still Available!

Ad Book

Here is a great opportunity for you to reach your local audience as well as to support Fiesta '98. Business owners are encouraged to place an ad in the Fiesta '98 Program Book. 5,000 Program books are distributed to fair attendees and 500 copies are mailed to BHNC members and supporters. Ad rates start as low as \$50 for business card-size ads and range up to \$350 for a full-page ad. Call Michael at 206-2140 or stop by the Center to pick up an application and reserve your ad space today.

Volunteers

Volunteers play a crucial role in making Fiesta an annual success. Under the guidance of the Fiesta '98 Planning Committee, volunteers are needed in every aspect of planning and implementing the event. Volunteers are especially needed for set-up and clean-up on the day of the event. All of our volunteers receive a free tee-shirt, a lot of appreciation and many smiles for their help. If you or your organization is interested in working on Fiesta '98, stop by the Center or call 206-2140 and sign up with Michael.

San Francisco Auto Repair Center

611 FLORIDA STREET (Near 18th St.) • S.F., CA 94110

285-8588



FOREIGN AND DOMESTIC AUTO REPAIRS

OFFICIAL CALIFORNIA SMOG STATION

- ◆ Free Shuttle Service to & from BART, Downtown & Nearby Neighborhoods
- ◆ Basic Auto Repair Classes
- ◆ "Do-it-Yourself" Membership Available
- ◆ Men & Women Mechanics
- ◆ Dependable, Guaranteed Work—Honest Prices

- Check Engine Light/Computer Diagnostics/Driveability Problems
- Emission Systems/Smog Test Failure Diagnosis & Repair
- Tune Up/Lube Service/Regular Maintenance
- Cooling Systems/Brakes/Clutches/General Repairs
- Air Conditioning/Heaters • Timing Belts
- Electrical Problems/Rewiring/Short Circuits
- Windows/Doors/Vandalism Repairs • Four-Wheel Drive Service
- Struts/Shocks/Suspension/Steering • CV Joint & Axle Service
- Engine & Transmission Rebuilding & Replacement
- Used Car Prepurchase Diagnostic Inspection Service

OPEN 7 DAYS A WEEK

	\$10 OFF SMOG INSPECTION		FREE BRAKE & SAFETY INSPECTION (\$25 VALUE)		\$10 OFF OIL CHANGE
--	-----------------------------------	--	--	--	------------------------------

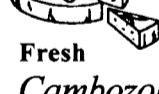
ON SALE

at The Good Life Grocery

INTRODUCING CLOVER STORNETTA



Packaged Cheeses
Now available at
The Good Life Grocery



Fresh
Cambozola Cheese
a combination of bleu & brie
-reg 10.99 lb.

9.89 lb.

Parrano

Aged Gouda



\$7.99 lb.

Nancy's

Westbrae

Fresh Miso

all varieties

13 oz. -reg 3.79

\$2.99

Sale Prices effective
October 6 - October 26, 1998

Free Parking
Across the Street
In our Very Own
Parking Lot!



Yogurt

79¢

Cascadian
Organic Potato
Products

Hash Browns - Oven Fries -
Spud Puppies
16 oz. -reg 2.59

\$1.95

SAVE!
SAVE!
SAVE!

Imagine Foods
Natural Garden
Vegetable Soups
all varieties
34 oz. -reg 2.79

\$1.99

Monday - Saturday
9:00 am - 8:00 pm
Sundays
10:00 am - 6:00 pm

We Accept

ATM Cards
MasterCard & Visa
Cash & Checks
Food Stamps



448 Cortland Avenue • Bernal Heights • San Francisco • 94110



Testa Rossa

Gourmet Pizzas

12" Pesto Rstd. Vegetable
Pan Pizza \$7.99

6" Mushroom Mini
Stuffed Pizza \$4.99



Puffs n' Honey
Kamut n' Honey
Shapes n' Honey
-reg 2.99

\$2.39

Pacific Foods
Ultra Soymilk

Plain or Vanilla
32 oz. -reg 2.39

\$1.79

Case of 12 = \$20

R.W. Knudsen
Simply Nutritious
Juices



Ginseng Boost
Mega C
Mega Green
Mega AntiOxident
32 oz. -reg 2.69/2.99

59¢

\$1.99



Shady Maple
Organic
Maple Syrup
Grade A
12 oz. -reg 7.29

\$5.99



Newman's Own Organics
Fig Newmans
made with organic figs
12 oz. -reg 3.29

\$2.39



Terra
Yukon Gold
Potato Chips
all varieties
5 oz. -reg 2.39

\$1.85



Health Valley
Natural Sodas

Root Beer
Ginger Ale
Sarsaparilla
12 oz. -reg 89.
+CRV

99¢



The
GOOD LIFE GROCERY

Bernal Heights
Businesses

PIZZA EXPRESS

RESTAURANT

all natural
ingredients



Compare
our Sizes!

919 Cortland Ave.
San Francisco, CA 94110

282-2333



HUNAN CHEF

Free
Delivery

永興小館

serving

Szechuan & Hunan Delights • A Variety of Vegetarian Dishes
Monday-Saturday 11am-9:30pm & Sunday 4:30pm-9:30pm

525 CORTLAND AVENUE

415/648-3636

Open Studios

By Anne Telford

Every October, San Francisco artists open their studios to art aficionados. Each weekend a different group of San Francisco artists and a different area of the city are highlighted. During this artful month, you can also visit a preview gallery exhibition and tour studios by bus.

If you've thought of purchasing a work of fine art, or are interested in a behind-the-scenes look at how and where artists create, Open Studios offers a perfect opportunity. Gather up a few friends, consult the San Francisco Open Studios 98 guide—designed to help you plan a self-guided tour—and plot out an art excursion. Not only will you see an exciting range of talent, but as opposed to a museum experience, in visiting artists' studios you have direct access to the artist and the opportunity to ask questions about their style, content or medium. On October 2 through 25, you can get an overview of the range of styles and mediums: see one piece of artwork by each participating artists in an exhibition at SomARTS Gallery, 934 Brannan Street (between 8th and 9th Streets). The Gallery is open Tuesday to Friday, noon to 4 p.m.; Saturday and Sunday, 10 a.m. to 5 p.m. On October 2 from 5 p.m. to 8 p.m. there is a free opening reception at SomARTS Gallery.

Open Studio schedule

*Studios are open on Saturdays and
Sundays, 11 a.m. to 6 p.m.*

Weekend #1: October 3-4. Richmond, Sunset, North Beach, Marina, Fort Mason, Russian Hill, Pacific Heights, Haight, Western Addition and Hayes Valley.

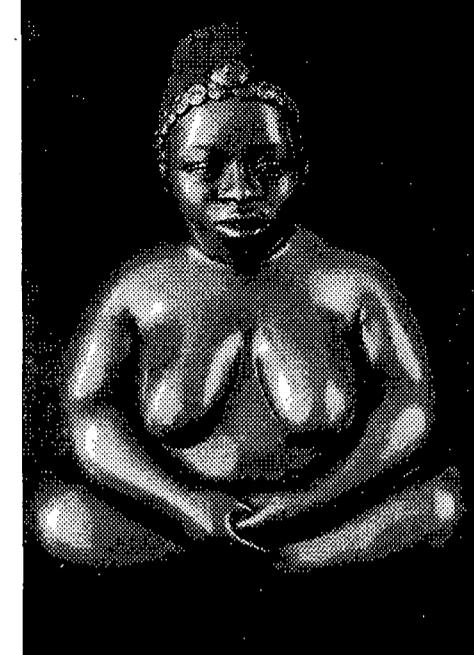
Weekend #2: October 10-11. Castro, Mission, Noe Valley, Bernal Heights and Mt. Davidson.

Weekend #3: October 17-18. Potrero Hill, South of Market, Civic Center and Bayview.

Weekend #4: October 24-25. Hunter's Point Shipyard.

Bernal Heights Artists—Weekend 2
(Numbers refer to the Open Studios guide numbering system. Note: * denotes wheelchair accessibility):

(227) Carole Renselaer, 1523 Treat St.



"Ife Buddha" by Charles H. Stinson ©1998
Open Studios Oct. 10-11

/Precita (painting, watercolor)
(228) Lori Duckstein, 3331 Folsom St.
Ripley/Stoneman (painting, oil/acrylic)
(229) Jane Dahlgren 9 Aztec St.
Coso/Aztec (wearable art/jewelry)
(230) James J. Gleeson, 148 Precita Ave. Shotwell/Mission (painting, watercolor)
(240) Joan Miró, 206 Virginia Ave.
Prospect/Virginia (drawing)
(241) Louis J. Gwerder III, 254-A Bonview St. Cortland/Bonview (mixed-media)
(242) Kevin Waller, 735 Andover St.
Andover/Crescent /Crescent* (ceramics)
(243) Jeffrey Clarno, 735 Andover St.
Andover/Crescent /Crescent* (ceramics)
(244) Laura Zindel, 390 Crescent Ave/
Andover/Crescent (ceramics)
(246) Studio Chaen, 1472 Alemany
Boulevard Cotter/Teresa (printmaking)
(247) David Lofton, 218 Cotter St. San
Jose/Alemany* (Painting: oil/acrylic)

For a copy of the San Francisco Open Studios 98 guide—designed to help you plan a self-guided tour—contact the Information line: (415) 646-0660 or check out these Web sites:
Open Studios:
www.citysearch.com/sfo/openstudios
or ArtSpan:
www.citysearch.com/sfo/artspan.

Chiropractic on the Hill

Dr. Barbara Brown

101 ANDERSON St. at
POWHATTAN

Gentle Techniques:
Advanced Activator, Cranio-Sacral, NET, Color and Aroma Therapy.

3 Cartridge Water Filter:

Removes fluorine, (heavy metals, lead, etc.), chlorine, Cryptosporidium, Giardia, etc.

Respirators:

Toxic household chores,
earthquake survival kit.

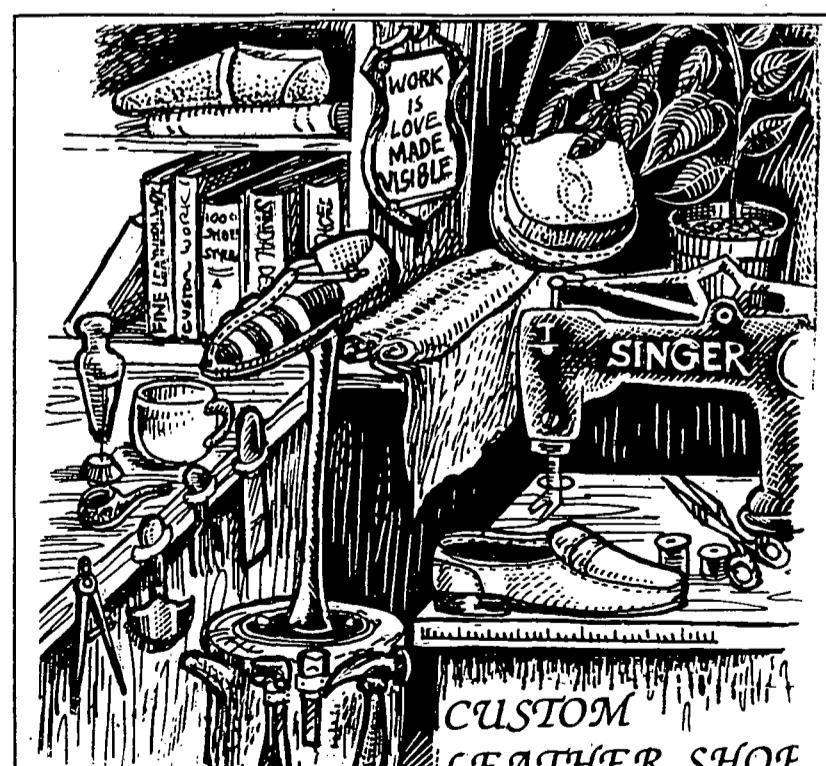
X-rays?
Seldom!

Since 1984
Palmer

Easy
parking

648-5666

Free phone consultation



**CUSTOM
LEATHER SHOE**
HAND MADE SHOES, SANDALS, BELTS, BAGS,
WALLETS, OR ANY OTHER LEATHER ITEM.
EXPERT REPAIRS OF JACKETS, HANDBAGS.

David Rogers

826-5089

813 Cortland

S.F., Cal. 94110



Maria Genera and volunteer Mary Twomey

Neighbors helping neighbors

**Help make our vision a reality—
Volunteer!!**

The Bernal Heights Neighborhood Center is seeking volunteers to help seniors in the community stay connected through a network of practical support and caring companionship.

Opportunities include: friendly visiting,

transportation, food delivery, minor home repair. Or, use your special talent to lead a class or activity for active seniors.

Hours are flexible; we work with your schedule.

If interested, or for more information phone **Lisa Lopez Coffey** at N.E.S.T., **206-9177**.

A Wild, Wonderful Day on the Hill

by Carmen Mendieta, BHNC Senior Services Director

Yet again, our neighborhood reflected the creativity and generosity that resides in the heart of Bernal Heights. The Hillwide Garage Sale on Saturday, August 22 exemplified the true sense of community; common unity. Folks came out in joyful force to hunt for cool stuff, meet neighbors, break bread and be a part of something unspeakably caring. In the mix of joy and caring were folks schlepping big furniture on small cars, small shopping carts heaped with kitsch, and sights of neighbor-to-neighbor joking and laughter.

This community-building event was supported by 82 neighbors and scores of giving volunteers who said YES! to working together for the well-being of elders in Bernal Heights. By participating in this annual event, everyone in their own unique way contributed to supporting elders in living in the community with independence and dignity. A huge THANK YOU goes out to you all!

Recycling – Second Chance Week and the Benefits of Reuse

by David Assmann
Senior Administrator
San Francisco Recycling Program

Preserving resources isn't only achieved by recycling. In fact, creating less waste in the first place and reusing products preserve more resources than recycling. In an effort to promote reuse, the second annual Second Chance Week will be celebrated statewide between October 17 and 25.

Reuse involves taking an item destined for disposal and reusing it without altering the item. Reuse has a long history and is

supported by a large number of retail outlets, including thrift stores, used book stores and repair shops. Yard sales, flea markets and rummage sales also support reuse. In order to promote reuse during Second Chance Week, the San Francisco Recycling Program is encouraging residents to set up garage sales, or to visit garage sales on Saturday, October 24. For a listing of garage sales, call 554-RECYCLE (to have your garage sale listed, call 554-3404 before October 10).

Reuse helps the environment, and the economy, in many ways. With reuse, fewer natural resources, including raw materials,

continued on page 11

Planting

Irrigation

Carpentry

Stonework

Design

Installation

Maintenance

Consultation

ROCK AND ROSE LANDSCAPING

DREAM A LITTLE DREAM...

- romantic garden
- kitchen garden
- fragrant garden

- woodland garden
- child's garden
- secluded garden

Contr. Lic.
#562817

824-3458

Mike Boss
Botanist

1615 Cortland Avenue, San Francisco, CA 94110

Got Questions? Ask Us, Your Bernal Pet Store!

BERNAL BEAST



has everything your
dog or cat needs.

Natural foods & Herbal Supplements

**509 Cortland Avenue
San Francisco, CA 94110
643-7800**

Mon-Fri 11-7; Sat 10-6; Sun 11-5

Bernal Heights Delivery

Collapsible Travel Bowls • Cat Food • Dog Food • etc.

EARL & CARREN SHAGLEY

We live on Bernal hill &

have sold over 50 homes

here in recent years

We know Bernal Heights!

Your Bernal Heights residential

415/447-8840

sales specialists since 1983

415/447-8841

COLDWELL
BANKER

415/447-8840

415/447-8841

★ ★ ★ ★

FOUR STAR VIDEOS

**Featuring the best in Home Entertainment
in Bernal Heights**

Foreign

We Special Order

F a m i l y

Cult-Animation

DVD

Local Filmakers

•

Gay-Lesbian Movies

**Previously
Viewed**

A d u l t

Videos for Sale

2 DAY RENTALS EVERY DAY

**Tues. & Thurs. Rent Two 99 cent Specials
and get a Third One FREE**

641-5380

We have friendly
service and a
knowledgeable
staff

**402 Cortland
Ave.
at Bennington**

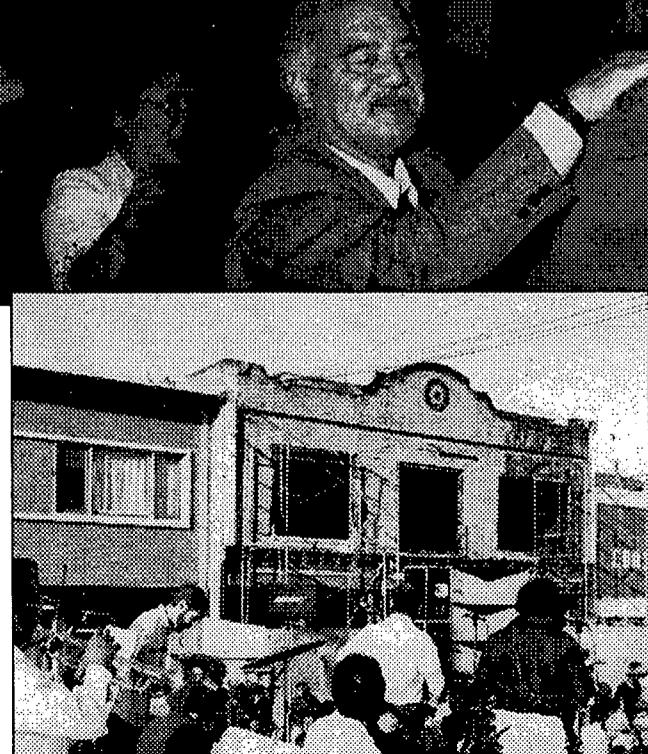
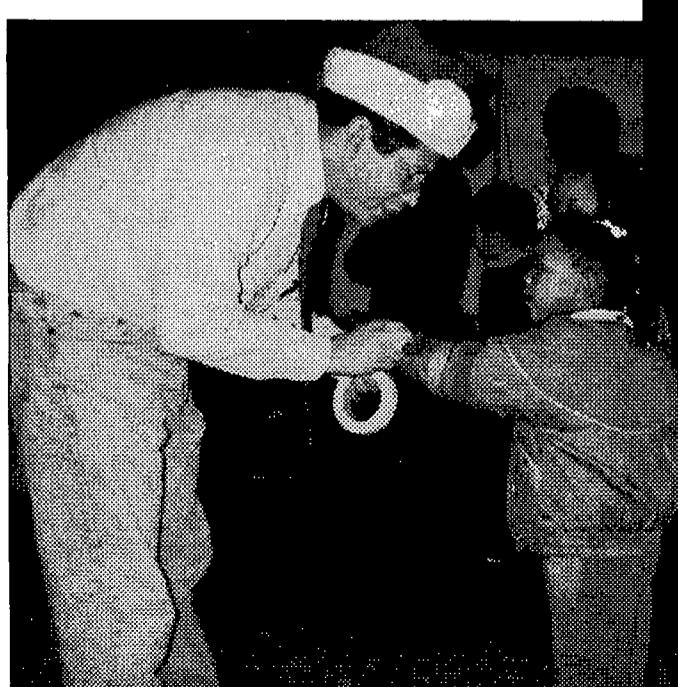
Open daily from
11:00 am - 9:00 pm
Fri. and Sat.
until 9:30 pm

Bernal Heights Neighborhood Center — 20 Years of Service



Scenes from throughout the years, clockwise from below:

Senior participants Carmen Morales, Christine Victoria, and Vernon Tarriel: Core staff in front of old BHNC office on day of opening of present headquarters, 1982: Conga line at BHNC celebration and fundraiser with past board president Bill Sorro: Street fair, 1981. BHNC building under renovation in background: Santa /BHNC director Mauricio Vela and friend at toy giveaway, 1994: Past board president Demece Garepis at community congress, mid '90s: Past board president Sylvia Yee and ex-mayor Art Agnos at Colridge Park Homes groundbreaking, 1988: Groundbreaking for Market Heights, 1994.



20th Anniversary Special Reception

**Thursday,
November 12, 6-8
p.m.**

Please join us on Thursday, November 12 to celebrate the 20th anniversary of the Bernal Heights Neighborhood Center and support the work of your non-profit community service agency.

We will honor outgoing BHNC executive director Helen Helfer for her 10 years of outstanding dedication and service to the organization. Her commitment and leadership has seen the BHNC grow in its services and affordable housing developments. We are greatly appreciative and indebted to Helen for her work. We also will honor other community heroes who have dedicated their efforts in support of the Bernal Heights Neighborhood Center, including Barbara Bagot, Will Lightbourne, Father O'Malley, our first board president Sylvia Yee and all other past board presidents.

This joyous occasion will take place at the newly opened Roccapulco Supper Club at 3240 Mission Street. Individual tickets are available for \$50 each. We look forward to seeing you there!

Farewell message from BHNC Executive Director

Dear Neighbors, Friends, and Colleagues,

It has been an incredible decade working with the Bernal Heights Neighborhood Center. I will be leaving my job in December to write a book, but wanted to thank all of you who have supported our work over the past ten years—as well as those who have challenged it.

I also want to thank ALL the neighborhood volunteers, starting with our past and current Board members, NBJ distributors, NEST and Senior volunteers. Folks who've given their technical expertise, who've shared resources, donated talents and goods, and contributed to all our programs in incalculable ways, please know your work has been greatly appreciated.

There is no stronger, more diverse, or talented group of staff anywhere in our

BHNC cultivates individual donors

by Peter Dunn,
BHNC Development Director

Bernal Heights Neighborhood Center already has over 200 individual donors in 1998, and is seeking to double that number by the end of the year. **Remember, you can contribute to BHNC through your employer's upcoming United Way campaign. Just designate "Bernal Heights Neighborhood Center, San Francisco" as the recipient of your gift.**

Join our many private and public funders this year and make a gift to help support our Youth, Senior, Housing and Organizing programs and services. Contact the Center at 206-2140 to make a donation, or just stop by at 515 Cortland Avenue between 9 and 5.

Bernal Heights Neighborhood Center is very grateful to these funders for their support of the Center in 1998:

Cal Endowment
Hancock Foundation
Wells Fargo Foundation
Miranda Lux Foundation
SF Board of Supervisors
Cal. Tamarack Foundation
San Francisco Foundation
Myrtle Fitschen Foundation
Lily Raines Trust
True North Foundation
Evelyn and Walter Haas Foundation
Local Initiatives Support Corporation
Bank of America
PG&E
Comerica Bank
Farmers Insurance Group of Companies
Leland, Parachini, & Steinberg
Herman, Stoller, Coliver Architects
Costello and Sons Insurance Brokers
Lauderbach and Associates
Pacific Union Company
J & C Supermarket
SLUG
Bay View Bank
Eve Rumpf-Sternberg
Coldwell Banker
Bank of the West
Roberts-Obayashi Corporation
Barri Electric Company, Inc.
Lightning Electric
Carpenters Local 22
United Way

city, starting with Mauricio Vela, our Center Director. I feel extraordinarily confident in their abilities to carry on our community programs in a professional, compassionate, and accountable way.

The challenge of a multi-service neighborhood-based agency is enormous, and working with you in the housing, youth, senior, and organizing arenas has contributed greatly to our Center's successes over the years. I shall miss those collaborations and connections, and wish for each of you the very best in continuing the important future community—building work that lies ahead.

Sincerely,
Helen H. Helfer

20 YEARS continued from page 1

ration has strengthened our ability to serve more children and youth in our community and the Outer Mission with broader and more coordinated, targeted programs.

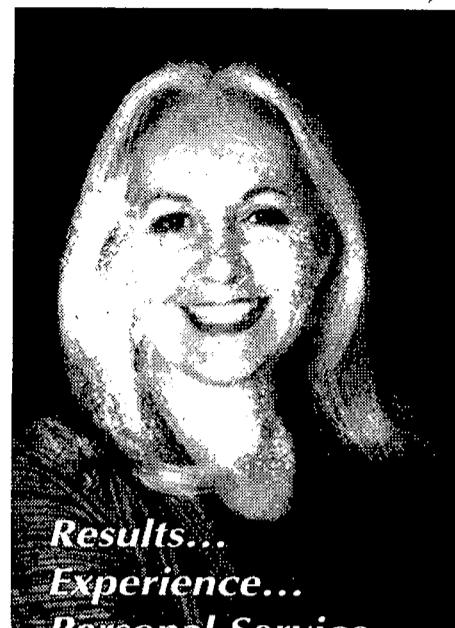
In an era of escalating cost of living, BHNC has consistently worked to develop affordable housing alternatives. Our housing services program provides assistance to low income households in securing safe, affordable and supportive housing in our neighborhood. The program includes acquiring and rehabilitating homes for people with special needs, including women recovering from alcoholism and people living with HIV/AIDS. We also work with low-income homeowners to rehabilitate their homes. Our new construction program includes Market Heights above the Farmer's Market, Coleridge Park Homes for seniors, and the upcoming Bernal Gateway at the corner of Chavez and Mission Streets.

For seniors, BHNC offers a continuum of service care for low income, well and frail seniors in our Center and in their homes. These services include a daily hot lunch, activities and health screenings, case management, emergency meal delivery and injury prevention. Our unique model of community-based care for elders was presented at the 1997 American Association on Aging's annual conference in Nashville, TN as a new option of long-term care.

We could not do our work successfully without you, the community. Please celebrate with us on Thursday, November 12 at our 20th Anniversary Special Reception.

Tree Services
Bill Squire, Arborist
20 Years Experience • Quality Service
Reasonable Rates
Free Estimates
415 826-6160
415 566-1920

Photography by
BEVERLY THARP
282-4915
VISA and MC accepted



The best agent for the best areas...

Bernal, Noe & Glen Park

Ms. Susan Hughes
Real Estate Broker

415-648-0100

msusanhughes@earthlink.com

Prudential California Realty

Specializing in San Francisco!

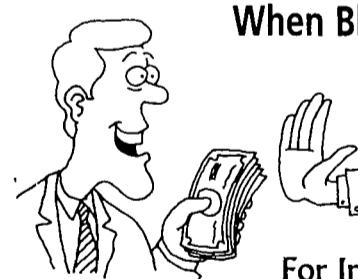


Call **Margret Maker 415-447-8824**

Broker Associate
Coldwell Banker Real Estate

COLDWELL BANKER

**When Blue Cross of California Says
No Deductible We Mean...
No Deductible!**



For Individuals, Families, and Businesses

The No-Deductible Preferred Provider Co-Pay Plans

- > No deductible in-network or out.
- > No deductible for any doctor, specialist, lab, hospital, x-rays, or prescriptions.
- > Your choice of \$20, \$30, or \$40 co-pays (There's even a new \$10 co-pay!).
- > Chiropractic, Acupuncture, and Acupressure are also covered.

Monthly Rates For Individuals. Effective 9/1/98

	\$20 Co-Pay	\$30 Co-Pay	\$40 Co-Pay
Under 30:	\$76.00	\$57.00	\$43.00
30-39:	\$113.00	\$84.00	\$60.00
40-49:	\$158.00	\$129.00	\$95.00
50-59:	\$203.00	\$191.00	\$156.00
60-64:	\$221.00	\$215.00	\$184.00

San Francisco & Bay Area Counties

Blue Cross of California

Blue Cross of California is an independent licensee of the Blue Cross Association. ® is a registered mark of the Blue Cross Association. Medical and dental plans from Blue Cross of California and/or BC Life & Health Insurance Company. Long term care and life insurance from BC Life & Health Insurance Company.

Call:
Bill Hannant
(415) 647-7012
Authorized Agent
CA License 0723231



Uncle Sam has money for YOU!

Low income* people who **WORK** and **FILE** a **TAX RETURN** can **RECEIVE** between \$332 and \$3656, depending on the number of children in your household.

ALL YOU have to do is ASK!

- You can receive money going back 3 YEARS!
- The Earned Income Credit does NOT affect benefits like Food Stamps, SSI, Medicaid, public housing or welfare.
- Many legal immigrants who are employed, including green card holders, may be eligible.

**FOR INFORMATION OR ASSISTANCE
IN GETTING YOUR MONEY, CALL
1-800-829-1040**

**PUT \$332
TO \$3656**

**EXTRA
MONEY
IN YOUR
POCKET!**

**EARNED INCOME CREDIT
Tax Benefit for Working People**



* Earned Income Credit available to single or married workers raising children in their homes and earning less than \$29,290, or earning less than \$9,770 in households with no children. Call for further details. This ad sponsored by the Mayor's Office of Economic Development

RECYCLING continued from page 7

energy and landfill space, are needed. In addition, a study by the Institute for Local Self-Reliance found that if only half the durable goods (such as used appliances, furniture, clothing and machinery) now being discarded annually were reused, more than 110,000 jobs could be created.

There are a number of ways consumers can support reuse. One important way is to avoid disposable products. This can be done by buying cloth napkins or using rags instead of throwaway paper products; using refillable pens, pencils and lighters; buying rechargeable batteries and flashlights instead of disposable ones; and using cloth diapers instead of disposable diapers.

A second way to promote reuse is to find new uses for common household items. For example, glass jars can be used for storing leftovers, and plastic containers are great for storing small, loose items like nails and buttons.

Seeking out durable products can not only reduce your impact on the environment, but can also save you money.

Shop for items that can be repaired rather than disposed of when they break, and remember to maintain these products.

You can also purchase energy-efficient, long-lasting light bulbs. And using solar-powered or manually-operated products instead of those that require batteries also

save resources.

When you no longer need an item, arrange to have it reused. Some stores encourage their customers to return containers for refills and will give you a discount if you do. Current refillable items include lotion, detergent, and shampoo containers, coffee bags, and of course, grocery bags. Remember to return hangers to dry cleaners.

You can also rent or borrow infrequently used items rather than buying them and having them sit unused most of the year.

Finally, buying used items can often give you unique, high quality items at a fraction of the cost of buying new products. Many items, from appliances to wedding clothing, can be purchased in the more than 80 secondhand, thrift and consignment stores in San Francisco.

In order to help you find these places, the San Francisco Recycling Program has added a reuse section to its web page. If you have access to the Internet, check it out at www.sfreecycle.org, or visit the Second Chance Week website at www.secondhand.com.

And, if you don't have Internet access, you can call our 24-hour recycling hotline at 554-RECYCLE for a free copy of our reuse directory.

Voters' Events

Board of Education Candidate Forum. Sponsored by Parent Advocates for Youth. Thurs. Oct. 8, 7 p.m. California State Building, 505 Van Ness. **Info: 641-4362.**

Board of Supervisors Candidate Forum. Sponsored by The Coalition for Ethical Welfare Reform. Thurs., Oct. 15, 7 - 9 p.m. State Building, 505 Van Ness. **Info: 641-4362.**

Poll workers needed for the Tuesday, Nov. 3 Consolidated General Election. Earn \$72 to \$93. Apply at 633 Folsom St., Rm. 107 or **call 554-7344.**

For voter information call 554-4375. Don't forget to vote!

ASSEMBLYWOMAN CAROLE MIGDEN

ACCOMPLISHMENTS 1997-98

RECREATION

- \$500.00 to rebuild Martin Luther King swimming pool in the Bayview.

CHILDREN

- Tobacco advertising prohibited near schools.
- Funding to train more childcare workers.

ENVIRONMENT

- \$13 million to clean up Bayview/Potrero PG&E plant.
- Increased penalties for illegal dumping in our neighborhood.
- \$240 million to purchase and protect Headwaters Forest and other endangered redwood forests.



*Leading in
Sacramento,
delivering for
San Francisco!*

**VOTE DEMOCRAT
NOVEMBER 3rd**

Paid for by Migden for Assembly, ID #962662

Jim Reid for San Francisco Supervisor

1185 Rhode Island Street
San Francisco CA 94107
826-6106 * 826-6109 fax
E-mail: JReid@icne.com
www.SFsupervisor.com

What I support:

A skyline and landscape free of billboards.
A 2002 Worlds' Fair on Treasure Island.
Muni transformed into S.F. Transit Authority.
Making San Francisco the first Digital City.
AFareless Muni & Bicycle Transit Solutions.
A balance for tenant and Landlord rights.
Affordable housing for first time S.F. buyers.
Small Business & the Entrepreneurial Spirit.
A fair long-term solution to homelessness.



Mauricio Vela For Board of Education

Representing parents, students, and teachers



"As the Executive Director of the Bernal Heights Neighborhood Center, I have worked with children my entire adult life. Every day I am confronted with the need to improve our schools. I will bring a progressive independent voice to the School Board. I represent the interest of parents, students, and teachers because I understand the importance of public education in our democracy."

Please support my efforts to turn my 12 years of experience in youth services to improving our City's schools! I need your help to in making the third try the charm."

Endorsed by:

(partial list)
for identification purposes only

Assemblyman Kevin Shelley
Public Defender Jeff Brown
District Attorney Terence Hallinan
Sheriff Michael Hennessey
School Board Member Jill Wynn
Supervisor Tom Ammiano
Supervisor Leslie Katz
Supervisor Gavin Newsom
Supervisor Mark Leno

Ron Albers, Public Defender
Roma Guy, Women's Activist

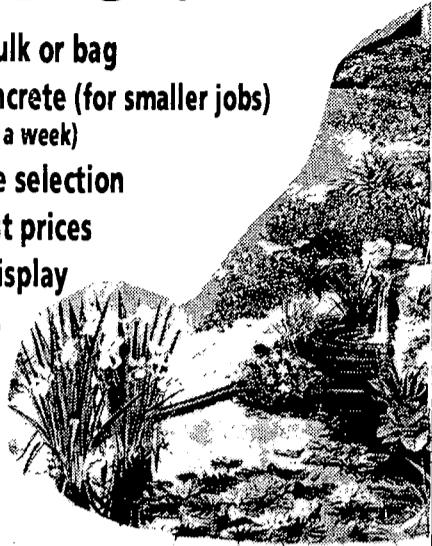
Bill Maher, former Supervisor & School Board Member
Enola Maxwell, Potrero Hill Neighborhood House*
7,000 teachers of San Francisco,
United Educators of SF
African American Democratic Club
Bernal Heights Democratic Club
Black Leadership Forum
District 8 Democratic Club
Filipino American Democratic Club
Irish American Democratic Club

Latino Democratic Club
Noe Valley Democratic Club
Potrero Hill Democratic Club
Sunset Democratic Club
Democratic Women's Forum
League of Conservation Voters
SF NOW PAC
Harvey Milk L/G/B/T Democratic Club
Queer Latino PAC & Adelante L/G/B/T Democratic Club
SF Young Democrats

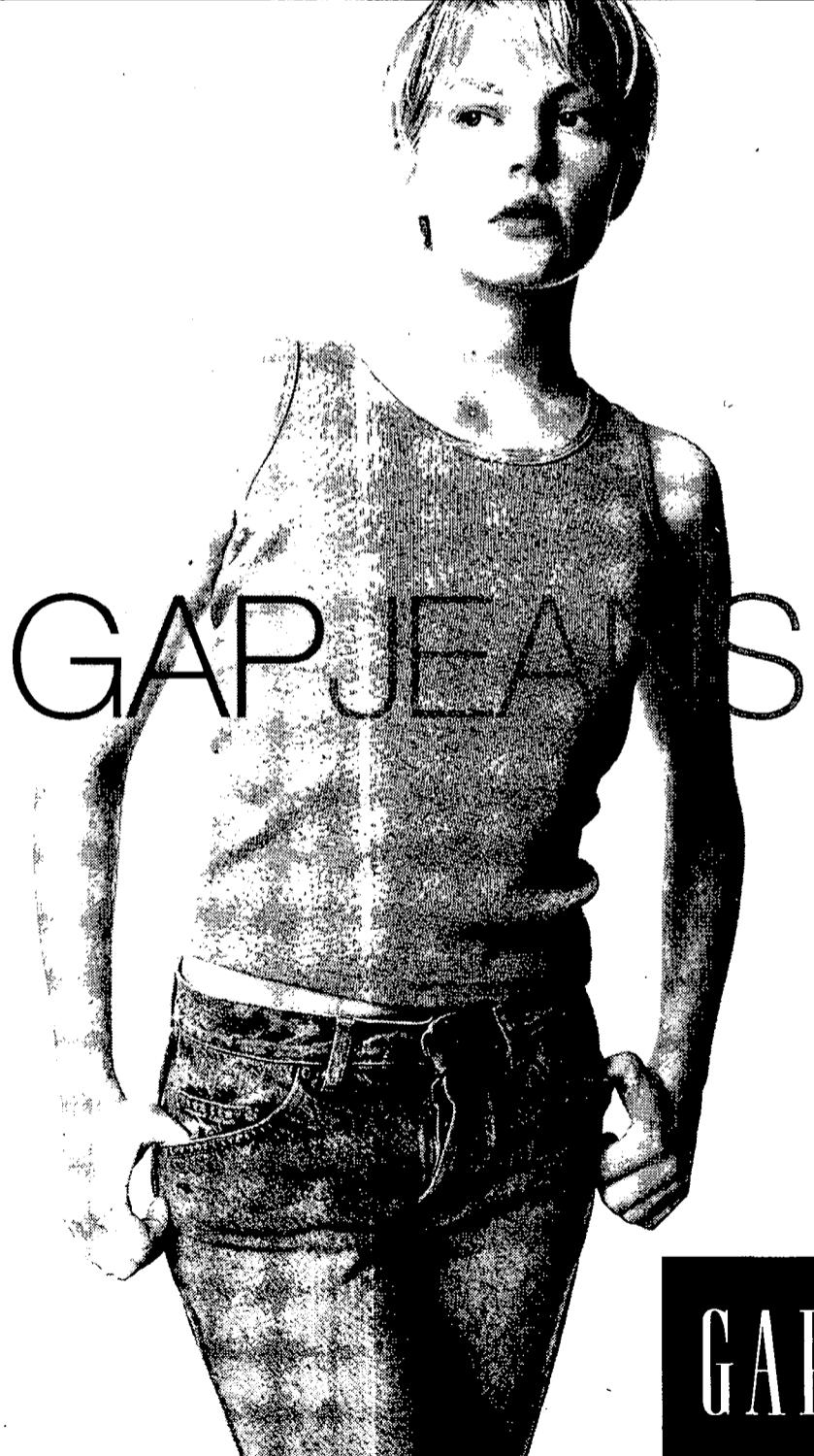
The Vela for School Board Campaign is an volunteer grassroots campaign. We need your help to successfully elect an independent School Board member. To donate to the campaign, please send a check to 45 Ellert Street, SF, CA 94110. To volunteer for the campaign, call (415) 550-6487 ext.2. FPPC ID# 982300

Receive a *FREE* Italian Clay Flowerpot & Potting Soil ... Just for Stopping By!!!

- Landscape Products - bulk or bag
- U-Cart Ready Mixed Concrete (for smaller jobs) (1/4 to 1 yard available 7 days a week)
- Decorative Rocks - huge selection
- Decking & Lumber - best prices
- Fencing - 22 types on display
- Demonstration Gardens
- Ponds & Aquatic Plants
- Gazebos & Sheds
- Delivery Anywhere



BROADMOOR
LUMBER & LANDSCAPE SUPPLY
 1350 El Camino Real, South San Francisco
 Website: www.broadmoorlumber.com
 Tel. (650) 761-1515 Fax (650) 761-1520



© Gap 1998 www.gap.com

Lead hazard awareness

by Raphael Hawley

Lead is unhealthy to you and your family, especially in households with children 6 years of age and under. People can be exposed through a number of sources:

- * Vinyl miniblinds
- * Household water pipes
- * Foreign candy wrappers
- * Paint chips and dust
- * Soil
- * Older plumbing fixtures
- * Painted toys
- * Ceramic ware, pottery, and leaded crystal
- * Folk remedies (Greta and Azarcon)

If the source of lead contamination is not detected early and properly mitigated, children can be exposed to high levels of lead that can cause:

- *Damage to the brain and nervous system
- *Slowed growth
- *Headaches and hearing problems
- *Behavior and leaning problems (such as hyperactivity)

Adults can suffer from:

- *Muscle and joint pain
- *Difficulties during pregnancy
- *Other reproductive problems in both men and women
- *Digestive problems
- *High blood pressure
- *Memory and concentration problems
- *Nerve disorder

For information on identifying and preventing lead contamination, contact,
 L. Raphael Hawley
 Bernal Heights Neighborhood Center
 (415)206-2140 ext. 150

Save \$90 on Your Water & Sewer Bill!



Thousands of our customers have found that they save \$90 each year by installing a water efficient toilet. Own a single-family home or multifamily building with four units or less in SF? Then you can buy from SFWD a brand-new, high quality 1.6 gpf toilet for only \$10 from 8 a.m. to 3 p.m. at:

Saturday, Oct. 31 Veterans' Day/Wed., Nov. 11
 John O'Connell H.S. City College's Auto Center
 41st Ave. & Ortega 1400 Evans (Mendell)

For an application, please call 923-2571.



**SAN FRANCISCO
 AUTO REPAIR CENTER**
 611 Florida Street (Near 18th St.)
 S.F., CA 94110
 (415) 285-8588

VOLKSWAGEN OWNERS

LOVE YOUR VW?

WANNA KEEP IT ALIVE?

WE OFFER YOU THREE POSSIBILITIES

- Our VW Service Department is staffed by two mechanics with a combined total of 70 years of VW repair experience.
- We offer a unique service with our "do it yourself" plan. Become a member and you have a place to work, the tools you need, and the technical advice to get the job done.
- We offer two types of auto repair classes:
 - A VW Repair Class specifically for learning about your air-cooled VW
 - Basic Auto Mechanics for Men & Women

**You can see that we have all bases covered.
 We would be pleased to assist you in any of
 the directions you choose**

SAN FRANCISCO AUTO REPAIR CENTER
 services all domestic and foreign vehicles
 Official California Smog Station
 Honest work at fair prices

OPEN 7 DAYS A WEEK

(415) 285-8588

\$10 OFF SMOG INSPECTION	FREE BRAKE & SAFETY INSPECTION (\$25 VALUE)	\$10 OFF OIL CHANGE
---	---	-----------------------------------

Back to school

by Miguel Perla

Having been a long time since I had stepped foot into any elementary school, I was anxious to see what Bernal Heights' three neighborhood public schools would be like. Like many people, I had heard many of the stories about our schools that were none too favorable and was interested in seeing for myself. However, what I found in each of the schools were examples of how hard work, innovative ideas and diversity enrich the learning environment for the young people of San Francisco.

One can feel the positive energy emitting from classrooms, teachers, staff and students. Each school is unique, yet bound together by the children who make up the population—inner-city youth trying to make sense of this world in these difficult times. Another similarity is each of the school's willingness to welcome help from residents who would like to make a contribution. Here is a peek at what is going on at these schools and ways you can get involved. All three schools are kindergarten through fifth grade and located in various parts of the neighborhood. I hope this information will be helpful to you in deciding how you can get involved in one of your neighborhood schools.

Junipero Serra 625 Holly Park Circle

Principal Warren Cane is very excited about the new school year which will bring various new programs intended to enhance the education of the members of the school. For example, the Mission Learning Center will provide parents with workshops intended to enhance skills for improving their communication with their children. These workshops will take place on Tuesdays, two times per month and will be bilingual. Issues addressed include strategies for helping students with homework, peer-pressure, and leadership training skills for parents. In addition, the school will hold Tuesday Night Forums to discuss pertinent issues such as school uniforms and traffic and safety concerns. Both events will take place in the school cafeteria and are open to all community residents. Child care will be provided.

Junipero Serra is also working with the

Profiles of our neighborhood school programs

San Francisco League of Urban Gardeners (SLUG) in adopting the trees surrounding the school as well creating a community garden on Park Street. According to Principal Cane, these programs teach valuable life skills to the young people by teaching them to respect for the community. He hopes to "make it part of the school culture." If you would like to find out more about these and other things happening at Junipero Serra, call 695-5685.

Leonard R. Flynn (3125 Cesar Chavez)

Gladys France, principal of Leonard R. Flynn, is looking forward to another productive year. The students at Flynn, distinguished by their green and blue uniforms, receive instruction according to their particular needs during the earlier part of the day. For some this means bilingual education, which starts in the earlier grades, and gradually increases in the levels of English instruction until students become bilingual and biliterate. Another program, called IRISE, uses an Afro-centric curriculum "to infuse responsibilities for intellectual and scholastic excellence." This program provides culturally diverse and relevant instruction to participating students. While the earlier hours provide students with specific emphasis on their particular needs, classes are mixed in the latter part of the day in what the school calls "YMOJA," which means unity, for Social Studies classes.

There are a number of ways residents can get involved at Leonard R. Flynn. The school has "Read Aloud Days," usually the last Friday of the month, in which parents and neighbors read to students. If you are interested in sharing some of your time either by tutoring, reading, helping in the computer lab, or even sponsoring a child by donating a monthly book, you can call the school at 695-5770.

Paul Revere Elementary 555 Tompkins

According to Principal Randy Haves, his school is in an "upswing" due to the renewed enthusiasm and energy provided by staff and teachers with different backgrounds, as well as recently remodeled facilities. In addition, the school counts on

continued on page 15

Before you throw anything away, think about whether it can be reused or repaired. If you need something new, consider buying "pre-owned" from a garage sale.

Get your FREE Recycling Tips

COME BY!

In Conjunction with 2nd Chance Week:

The 1st Neighborhood-wide Garage Sale

from San Francisco Recycling Program in these neighborhoods: Chinatown • Marina • Nob Hill • North Beach • Pacific Heights • Russian Hill • Telegraph Hill

Saturday October 24th

Look for

The Recycling Van

San Francisco
RECYCLING
PROGRAM
www.sfrecycle.org
554-RECYCLE

A WOMAN-OWNED BUSINESS

- SUBARU • TOYOTA • NISSAN • MAZDA
- HONDA • GM • FORD • CHRYSLER

Complete Domestic and Foreign Car Service and Repair
Tires • Alignments • Brakes • Shocks • Suspensions

AUTO 550-2400

motor

185 BAYSHORE BOULEVARD

Law Offices of Ellen Novogrodsky & Stephanie J. Gott

- Tenant Advocacy • Eviction Defense
- Second Parent Adoptions • Powers of Attorney
- Wills • Other Civil Matters
- Reasonable Rates • Free Consultation

(415) 285-3626

3163 Mission Street, Suite 300
San Francisco, Ca 94110

An Undiscovered Masterpiece?

Preserve the Memories.
Enlargements • Passport Photos • Photo Studio

MISSION ONE HOUR PHOTO

2859 Mission Street
San Francisco, CA 94110

Phone (415) 648-6698
Fax (415) 648-3936

THE CUTTING EDGE

A FULL SERVICE SALON

IS OPENING NOVEMBER 1ST
AT 1000 CORTLAND AVE.

Eileen Clayton & Cindy Piva, Owners

WE WILL BE OFFERING:

- COMPLETE HAIRSTYLING
- CREATIVE COLORING
- PERMS
- NATURAL MANICURES
- SPA PEDICURES
- FACIALS
- WAXING
- SKIN CARE
- EXTENSIVE HAIR, SKIN & NAIL PRODUCT LINES

CALL 970-EDGE

Help Wanted

BHNC is looking for a part-time receptionist. Responsible for greeting, assisting and directing all visitors, as well as answering and routing all incoming calls and mail. Light filing, duplicating and faxing as required. Applicants must be outgoing, have attention to detail and be available Mon. - Fri. 9 a.m. - 1 p.m. \$7 per hour. Send resume and cover letter to **Michael Golojuch, Office Manager at 515 Cortland, S.F., CA 94110 or fax (415) 6480793.**

BHNC is looking for volunteers to help out with all areas of production for the 10th Anniversary of Fiesta on the Hill. We need your help to make this year's Fiesta the biggest success ever. To sign-up or for more information call **Michael at (415) 206-2140 or stop by the Center at 515 Cortland Avenue and sign-up.**

Calling all artists and neighborhood vendors!! There is still vendor space available for this year's Fiesta on the Hilltop. For an application or more information please call **Michael at (415) 206-2140.**

Services

All Things Macintosh: Troubleshooter for hire! Solve mysterious freezes. Improve performance. Software Support, Tutoring, and More. References. **Roslyn, (510)526-1209.**

Bookkeeping by Jana. Personal or business. Reasonable rates. Reference available. Financial Statements, Payroll, Etc. Quicken. Windows 95. Bernal resident. **Janahut@aol.com. 647-7517.**

Clean & Natural: House Cleaning Service. We use organic enviro-safe products. Lic. Bonded. Call: **642-6280. Pager: 303-9865 (Simony).**

David's Reliable House Cleaning. Call for appointments. **282-4047.**

Furniture Stripped and Refinished Excel. work quickly done, e.g. dresser w/ mirror

\$200 with
pick-up.
**One-Eyed
Jacks: 621-4390.**

Gourmet Vegetarian Cuisine delivered to your doorstep. For monthly menu call **Jane Peal—Cuisinière at 826-2133, or see web page www.creative.net-brock/jane.shtml.**

Handyman/Carpenter: Repair a door, hang a kitchen cabinet, add a room, build a fence or a deck or even trim a tree. I'm skilled and do good work at a reasonable price. **Robert, 550-4058.**

Housecleaner Looking for a fourteen year experienced, reliable housecleaner? Stop your search! Call **KJ now at 285-3014.**

Medical Insurance Free quotes for individuals, families and businesses—"A" rated plans, Alternative Care, Blue Cross/Shield, Medicare Supplements, Long Term Care Insurance. Let an expert assist you at no extra cost! Call **Bill Hannant, 647-7012.**

Mr. Morgenstern's Hauling Dump runs done reasonable. Cash or pay me with old stuff. Free estimates. **Call 902-8026 ANY-TIME.**

Tony the Tile Man Ceramic, Service since 1979, free estimates. **208-5522.**

Goods Wanted

Cash: for old wood furniture, rugs and household item. **One-Eyed Jacks: 621-4390.**

Furniture Wanted. I need old dressers, tables, desks, etc. Paying cash. **Karen—647-6157.**

Getaways

Fall Tahoe Getaway! Beautiful Tahoe home in prestigious Incline Village. Hiking, Golf, Tennis, Boating and Beaches! 20 minutes to South Shore casinos and shows. Large kitchen, 3 bedrooms, 2 baths, steam/sauna room, hot tub, living room with fireplace, 2

Classifieds

decks, garage, all appliances and laundry. Call **998-7955.**

Sunny Mexico! Five-star Beautiful Terra Sol Condos Beach Resort, Cabo San Lucas. Step from deck to the sand! 2 BD, 2 B, kitchen, Jacuzzi, pools, Lovers' Beach, great fishing, diving. **282-7955.**

Body/Mind/Spirit

Hot Flash! Midlife Women's Groups in Noe Valley. Meet with women your age (40s-50s), supporting each other through the struggles, challenges and joys of midlife. We are trailblazers and elders in training,

redefining what aging means to us. **Arlene Dumas, LCSW, 641-4553.**

Therapeutic Swedish Massage. Arnica Oil used for sore muscles. Studio sessions and on-site table & chair massage available for home or office. Excelsior location. \$40 introductory offer for 1 hr. session. Call for brochure and to make an appointment. **Barbra Ellen Vos C.M.T. 552-4410.**

Your Neighborhood Massage Therapist certified in Swedish Massage and Shiatsu. (www.ultima.org/HaraldCMT). Let me help you relax with a therapeutic, soothing, comforting, full-body massage that will reduce stress and tension and promote well being. For appointment call **Harald at 824-0136.**

JOIN THE BEST IN THE SECURITY INDUSTRY!

**WELLS FARGO
GUARD SERVICES**

We are seeking professional security officers for immediate interview and placement. We offer a great benefits package to all qualified candidates.

Benefits Package

- ✓ a competitive salary
- ✓ paid vacation and holidays
- ✓ opportunity for overtime
- ✓ medical and dental benefits for you and your family
- ✓ 401K for retirement
- ✓ employee stock purchasing program
- ✓ tuition reimbursement

If you are 18 years or older, with no criminal record, able to read and write in English, and able to pass a drug screen, please call for a telephone interview at 415-278-2000 or complete an application at 562 Mission Street, Suite 403, downtown San Francisco (between 1st & 2nd Streets). Or e-mail us at glhardin@sf.znet.com.

WE HAVE A UNIFORM WITH YOUR NAME ON IT!

Now Open!

Mailbox Rental with 24 Hour Access

Copying • Faxing • Shipping

Computer Services

E-MAIL • INTERNET ACCESS • THE NEW iMAC • SCANNING

Available Soon

NOTARY • FINGERPRINTING • PASSPORT PHOTOS

Mailbox Special

RENT A MAILBOX FOR ONE YEAR, GET ONE MONTH FREE!

322 Cortland Avenue
(at Bennington)

PH 970-2BOX (2269)

FAX 970-3FAX (3329)

MONDAY-FRIDAY 9-7, SATURDAY 10-6, SUNDAY 11-5

BERNAL HILLTOP NATURAL HISTORY

NATIVE ORCHIDS ON BERNAL

by Barbara M. Pitschel

Six years ago I wrote an article in this paper about our native orchid, *Piperia elegans*. I would not normally repeat the topic so soon, except that this year of abundant rainfall and exceptional flowering has seen such an explosion of orchid bloom that our readers should have the opportunity to look for these special plants.

I first became aware that the green rein orchid was part of the Bernal flora nearly 30 years ago when I was shown the foliage of one growing in a steep gully on the north side of the hill just above Bernal Heights Boulevard. For years I looked for other plants but never saw any. Then, in 1991, Jake Sigg discovered two populations high above the seep area on the north slope. I never saw those plants because I was unable to negotiate the steepness, but I took pleasure in knowing they were there and that Jake had undertaken the responsibility to prevent them from being engulfed by encroaching weeds.

This August I was delighted to discover several orchid individuals that could be fairly easily seen from the roadside. They are also on the north slope, but are east of the road closure gate and east of the willow thicket. By mid-September most of the flowers have turned brown, but the plant's form is distinctive and can be recognized as resembling the accompanying illustration. Be aware that you need to look closely to spot these plants. They are quite well camouflaged. By the time this paper comes

Piperia elegans
green rein orchid

out, they will be even farther past their prime so you will need to look even harder. Give it a try!

Our green rein orchid used to be known as *Habenaria elegans*, but taxonomists studying this group of orchids have determined that all the *Habenaria* species are tropical. The California plants formerly included in this genus belong to *Platanthera* (native to wet meadows and including our Sierran species), or *Piperia* (coastal plants, such as those native to the Bay Area). California is the center of distribution for the genus *Piperia*.

These orchids are not like the ones in your high school corsages! The rein orchid has inconspicuous little greenish-white flowers growing densely on slender spikes. In early spring rather large lily-like leaves unfurl from underground tubers. These die back before the flowers finally appear, which doesn't begin to happen until at least July, when much of the hill's flora is past bloom.

Although these inhabitants of our coastal grasslands are not rare and endangered, they are uncommon, and we are very fortunate that they have not been extirpated from our hill.

Join native grassland restoration work parties on the third Sunday of each month to help eradicate the invasive weeds that threaten to engulf our orchids and other lovely native plants. Meet us at the entrance of the road to the phone company microwave tower at 11a.m. Bring clippers. For more information call me at 282-5066.

DOGS continued from page 2

Rosebud there every day and sometimes twice a day.

Overall, Bernal dog owners agree. Edward Chmielewski explained, "It gives us all an excuse to get out and enjoy the view." There's plenty of space where dogs can run around unleashed, said Kelly Arenas. Unlike other smaller parks, Bernal Hill is big enough for the dogs to exercise, said Whitney McNair. There's varied terrain, from steep hill trails to the flatter paved road, said Stephanie Holdenried. There's very little dangerous traffic around, said Todd McNair. Dogs get to be with their own species, said Deborah Salae, and many dog owners also use the park as a meeting place, said Nancy Rossman. The people are friendly, the trails are fun, and the plants are beautiful in the spring, dog walkers said again and again.

There is still room for improvement, though. Many dog-owners said that an extra garbage can at the top of the hill would be nice. Some said more plastic bags would be convenient. Foxtail plants are a health hazard for dogs, especially in summer, and maybe they wouldn't flourish on the hill if the city watered it regularly, "but that'll never happen," said Suzanne Esser. Natty Bumbo would like to see signs declaring no bicycles or motorcycles on the trails. And eight-year-old Kiva Chmielewski pointed out that it would be good if the dogs had some place to drink water after running around.

SF DOG thinks the San Francisco city parks should provide a better system of off-leash areas for dogs and their owners. They believe the city should not only keep dog areas better-maintained, but also should provide protected fenced areas as well as room for dogs to run freely, flat areas for dog-games as well as steep areas for dog-exercise, and even agility training and swimming access for dogs. "That would be nice, but, you know, I don't want to pay any more property taxes," said Rossman.

Arenas says, "we should be putting more money in our schools instead of worrying about a dog park." Dogs shouldn't be the highest priority, "not when there's homeless people," said Salae.

But a few neighbors have already cooperated to make the hill better for dogs. One Bernal Heights Boulevard resident leaves out a basin of water for other's dogs to drink, Salae said. Some dog walkers leave extra plastic bags for others at a wooden post on the hill. Michelle McAnanama from Bernal Beast Pet Store offered to help contribute more poop bags for people to use. While SF DOG pressures the city to change its park system, some neighbors have quietly, simply, improved the park for each other. *For more information on the San Francisco Dog Owners' Group and its report, contact SF DOG, PO Box 31071, San Francisco, CA 94131 or call 339-7461 or see website at www.sfdog.org.*

SCHOOLS continued from page 13

a valuable support network of people such as a full-time librarian, a school nurse, an instructional specialist, and student teachers and interns from San Francisco State University. Also, the school will have internet hook-ups in every classroom by spring.

Students also play a part in creating this atmosphere in which "all members of the community feel valued and respected." One way is through "Tribes," which are student circles that facilitate discussions of various issues, including conflict resolution, which Principal Haves says instills mutual respect in students.

Paul Revere School also has a Family Resource Center and invites parents to come and check it out. This year the school will focus on sharpening student's reading skills and welcomes community support in its Reading Buddies Program. If you would like to volunteer, call SF School Volunteers Literacy Project at 274-0250.

NEW BUSINESSES ON CORTLAND continued from page 3

This offers packing and shipping services, UPS and FedEx, copying, computer rentals, notary services, passport photos and fingerprinting. There's even a selection of office supplies. A huge poster of Amelia Earhart smiles down over all like a patron saint.

When you visit you might see Angelica's four-year-old son Noah at the IMac. She says he's really into the business, and points to a "flyer" on display that he had designed for his mom. Angelica reports that Clancy, who's half coyote, is also ben-

efiting from the new business. She's no longer left home alone, and, hanging out by the front door, she gets lots of neighborhood attention.

The list of services at Fax This is not yet complete. Still to come are color copying, a computer graphics station with Photoshop, and photo processing. For Angelica, "The main thing is that we're striving to meet the needs of Bernal Heights, and we're open to adding services or modifying services to accommodate the neighborhood."

New Bernal Journal

Estrellito's

ASTROLOGY

For October &

November

ARIES March 21-April 19:

Don't let your big ego get in the way during the Halloween and Thanksgiving seasons; You may spend them all alone! It's been long enough; call an ex-lover and tell them you've missed them and have been thinking about them. Ask them out for coffee. Don't make excuses, just enjoy them.

TAURUS April 20-May 20:

Don't be stubborn during these holidays. Go to the Halloween dance, but don't dress as a bull at your friends or family's Thanksgiving dinner! Don't eat like a bull either!

GEMINI May 21-June 21:

This Halloween disguise yourself as the true devil twin and send the good twin to your family's Thanksgiving dinner. He will probably bring you a doggie bag of food if you're nice.

CANCER June 22-July 22:

In October fall in love, be romantic with this new love. Because someone really likes you a lot, as that special someone. Just take it slowly and be yourself.

LEO July 23-Aug 22:

For Halloween you can be Dorothy's cowardly lion from The Wizard of Oz. You cannot fool anyone; you're weak and have feet of clay, just like the rest of us. At Thanksgiving, don't over-eat. Be a lion throughout Christmas.

VIRGO Aug 23-Sept 22:

During Halloween don't play the virgin that you are. Be a witch and get even with all those who have screwed up your life. If you are smart, this Thanksgiving you won't over eat, but enjoy yourself socially.

LIBRA Sept 23-Oct 23:

Think about it Libra: you're better off this Halloween than you were a year ago. You have your own life and good friends who love you. Life is good, your own a home and you look years younger.

SCORPIO Oct 24-Nov 21:

You are in the best years of your life with different responsibilities. This gives you a lot of joy and pleasure. Happy Birthday!! Enjoy it.

SAGITTARIUS Nov 22-Dec 21:

Chill out this Halloween, let your hair down and have fun. Continue that fun through Thanksgiving and Christmas. Find yourself a new friend.

CAPRICORN Dec 22-Jan 19:

Reach out for someone, accept a compliment, and take of the last money. You enjoy yourself, no matter where you are. Express your affection in a way that someone can hear. You don't need grand passion. Make travel plans.

AQUARIUS Jan 20-Feb 19:

Get together with a special friend; He lets you know how much he cares for you. One-to-one relating offers a lot of security and enhances rapport. Talk about togetherness, desires and expectations. You come to an understanding.

PISCES Feb. 20-Mar.20:

Friends offer to do a lot for you. Touch base with them and invite them over. You have a good time wherever you are. Someone has a proposition that you cannot turn down, nor do you want to. A new friendship could develop into a lot more.

Am I right? Am I wrong? Am I relevant? Sing my praises or tell me off. Write to Estrellita De Amor c/o NBJ, 515 Cortland Avenue, San Francisco, CA 94110.

Although encouraged by neighborhood response, the co-op has begun exploring its housing options. "What else can we do?" says Nation, "It would not be realistic to expect to win, though it would be ideal. No one questions the legality of the transaction, but we do object to the result. This neighborhood stands to lose a childcare center, and if we stay quiet about it, this neighborhood stand to lose it's voice as well."

If you have suggestions or comments or can volunteer your time or resources, contact the Little People's Workshop at 575-4819.

SERVING BERNAL HEIGHTS FOR 26 YEARS



820 CORTLAND AVENUE, SAN FRANCISCO

GROCERIES: 648-4656

MEAT DEPARTMENT: 648-4657

FAX: 648-6031

ATM

VISA

MASTER
CARD

FOOD
STAMPS

HOURS

MONDAY-SATURDAY 7AM-9PM

SUNDAY 8AM-9PM

*Great Selection, Friendly Service
and a Whole Lot of Savings!*

• Store-Wide Savings •

Orchids Coconut Milk 99¢	Mediterania Spaghetti Sauce All Flavors 25 oz. \$1.99	Western Family Soda All Flavors 2 liters 8 oz. \$1.29 16 oz. \$2.59	Wish-Bone Dressing-White Wine Vinaigrette or Oriental \$1.29	Lancer's Apple Juice 64 oz. \$1.99	Western Family Ketchup 28 oz. \$1.29
Whiskas Cat Food All Flavors 5.5 oz. 3 for \$1.00	Trend Laundry Detergent 28oz. \$1.49	Squeez-It Fruit Drink 6 pk \$1.99	Western Family Peanut Butter 18 oz. \$1.89	Western Family Spaghetti Regular and Thin 22 oz. 99¢	Sparkle Paper Towels 2 ply 99¢
Western Family Paper Plates 40 count 99¢	Western Family Laundry Detergent Ultra-2 14 loads w/ bleach 18 loads \$2.99	Murray Hits Crackers 11 oz. 99¢	Jiffy Corn Muffin 8.5 oz. 3 for 99¢	Maruchan Ramen Noodle Soup 3 oz. packages 5 for \$100	Vlasic Pickles Polish or original 46 oz. \$2.49

• Fruits and Vegetables •

Potatoes 10 lbs. Bag No. 1 99¢ each	Dry Yellow Onion 3 lbs. for \$1.00	Oranges 3 lbs. for \$1.00	Bell Pepper 99¢ lb.
Lemons 5 for \$1.00	Honeydew 69¢ each	Bananas 3 lbs. \$1.00	Plantains 49¢ lb.

LIQUOR/ Beer/ Wine

Korbel Champagne GlenEllen Wines-	750ml	9.98
Cabernet or Merlot	750ml	6.99
1.5ml	1.5ml	11.99
Red or White	750m	4.99
	1.5m	8.99
Cuervo Jose	750m	13.99
Tequila GOLD	12oz	6.99
Budweiser 12pk	12oz	9.98
Miller Draft bottles	18pk	4.99
Shaffers Beer 12pk	12oz	10.98
Canadian Club	750ml	6.99
Royal Gate Vodka	Liter	15.99
Beefeater Gin	750ml	15.99
Kahlua Liqueur	750ml	15.99

• • MEATS • • MEATS • •

Ground Chuck Family Pack \$1.19 lb.	Lean Ground Sirloin \$2.69 lb.	J.C. Bacon \$2.99 lb.	Beef Liver Sliced 99¢ lb.	New York Steak \$2.99 lb.	Porter House Steak \$3.99 lb.
T-Bone Steak \$3.99 lb.	Pig Feet 49¢ lb.	Neck Bones 49¢ lb.	Sirloin Tip Steak \$2.99 lb.	Cross Rib Roast \$2.49 lb.	Our Own Pork Sausage hot or mild \$1.99 lb.